



THE FLYER

Salisbury University's student voice

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State Senate approves Everclear ban

BY MITCHELL NORTHAM
Staff Writer

Maryland Senators voted 37-10 to pass a bill outlawing the sale of 190-proof alcohol on Feb. 5; grain alcohol being the main target, which contains 95 percent alcohol.

Grain alcohol, commonly sold under the brand name "Everclear," is the key ingredient to some partygoers drinks.

"Where do we draw the line? If we're at 190 this year, the next bill will come in at 150 or 110 or 90."

- Republican Ed Reilly

Maryland residents may be drinking their last sip of "Riot Punch" or "Jungle Juice" very soon.

Richard Madaleno, the Montgomery County Democrat who is sponsoring the bill, said that "This is a small step [that the Senate] can do to improve safety."

Backing Madaleno's bill is Frostburg University President Jonathan C. Gibraltar. The President of Frostburg echoed the Senator's comments and then went on to say, "It really should not be for human consumption."

The dangers of the drink have been well documented, and a recent study found that approximately one in five Maryland college students meet the criteria for alcohol abuse. Some people are wondering if that credit to goes to grain alcohol or if students will just find another drink to abuse.

Ryan Liszewski, a junior at SU, said that he doesn't drink Everclear.

"Drinking in excess is a choice and the consequences are the same regardless of the drink," Liszewski said. "If it's a matter of safety, then honestly the drinker should be aware of

what they are getting themselves into before they purchase or take the drink."

One local liquor store employee, who wished to remain anonymous, shared similar thoughts saying, "It all (alcohol) can hurt you if you overdo it. Whether its 80-proof or 190, it doesn't make a difference. College kids are going to overdrink."

John Urdahl, manager of Last Call Liquors in Salisbury, said he sells two to four bottles of Everclear on an average weekend, but said that banning the drink wouldn't "make or break" his sales and that, "It doesn't really affect me either way."

Urdahl's biggest fear is the slippery slope that banning the potent alcohol can create.

"Once you start banning 190-proof, what's next? 151? There are a lot of really good alcohol's that are a little over proof," Urdahl said. "If they ban just the 190-proof, then I'm all for it. I just don't want it to trickle down and affect other alcohols."

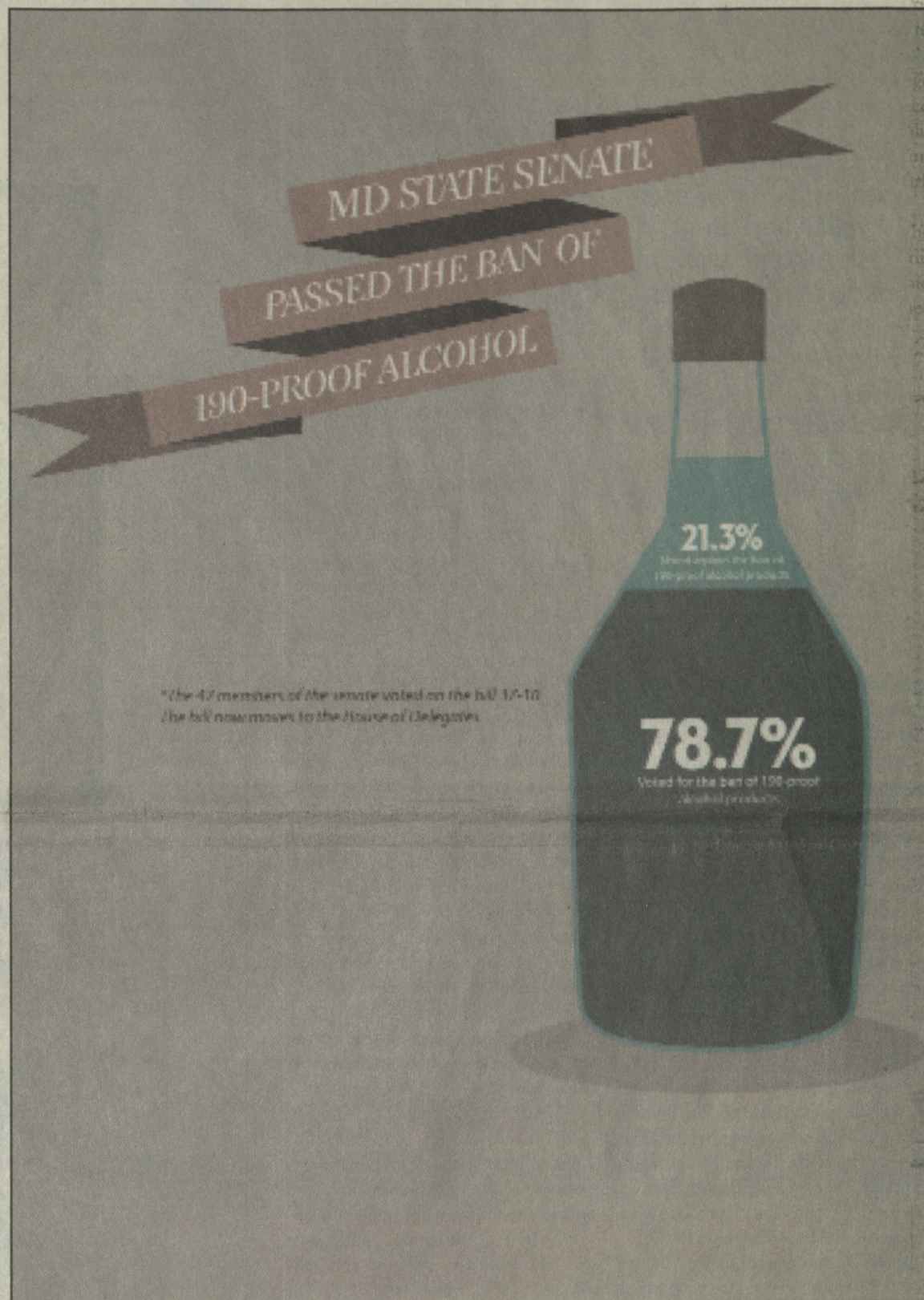
One of the 10 senators who voted against the bill, Republican Ed Reilly of Anne Arundel County, shared the same fears as Urdahl, saying, "Where do we draw the line? If we're at 190 this year, the next bill will come in at 150 or 110 or 90."

This will be the third time that the Senate has tried to ban grain alcohol, the last instance coming in 2010, and the last two times the House of Delegates has killed the bill.

The bill will head to the House one more time, but even if it is banned, Urdahl isn't worried and already has a backup plan.

"Everclear makes 150-proof," he said. "So if it comes down to it then I'll get that and people won't know the difference. It's still over proof."

It's still unclear when the House will vote on the bill but, while it waits on the doorsteps, Everclear and other grain alcohol's remain in limbo in the state of Maryland.



Shaqun Davis graphic

SU alumni, Dan Quinn, wins Super Bowl

BY JACOB TROXELL
News Editor

Seattle Seahawks defensive coordinator Dan Quinn helped lead his team to a 43-8 victory over the Denver Broncos in Super Bowl XLVIII earlier this month, and became the first ever Salisbury University alumnus to win a Super Bowl as a coach.

"It's been a blast; I've been so fortunate," Quinn said. "We have a real style about how we play and I love being part of that; we're fast, we're physical and the group we work with now always feels like we have something to prove."

The Seahawks defense was ranked No.1 in points and yards per game in the National Football League this season. Some NFL analysts and writers have compared Quinn's defense to some of the greatest of all time.

"Our whole philosophy is each game that we play is a championship opportunity, from the regular season's first game, to the 16th and through the playoffs so we really don't change

the way we prepare for a game," Quinn said. "We make sure we have just the right amount of information against the opponent but also want to play (our) style and not lose sight of that."

The Seahawks shut down five-time MVP Peyton Manning and the highest rated statistical offense in NFL history to win Super Bowl XLVIII. Quinn played high school football for Morristown High School, about 30 minutes away from MetLife stadium in East Rutherford, New Jersey, where the Seahawks won the Super Bowl.

Quinn played defensive line and track and field at SU for four years and graduated in the class of 1994. He also competed for a national championship in track and field his senior year and majored in elementary education. Quinn planned on returning home to coach high school football and track, but he said his time at SU made him want to coach college football.

Quinn said he not only paid attention to his SU football coach at the time, Joe Rotellini, but

watched Jim Berkman coach the SU men's lacrosse team and Ward Lambert coach the SU men's basketball team in the early '90s.

"I knew I wanted to be a coach so every coach that was there (at SU) I had my eye on, I saw how hard those guys played, so you knew that (their effort and style) came from the top," Quinn said. "I had a lot of respect for Jim Berkman, here's a guy who can totally handle his program."

Berkman has been the Lacrosse coach at SU since 1989, and has won 10 division III national championships in his tenure.

"There is one quality of the successful people that I have been around, whether it's players or coaches or whoever in their area of expertise that want to develop and take their career as far as they can, is to have grit," Quinn said. "The common ingredients of grit (are) don't let setbacks discourage you, keep overcoming, work uncommonly hard at it (and) stay committed."

Quinn spoke of his defense and specifically

his All-Pro defensive backs Richard Sherman, Kam Chancellor and Earl Thomas, when he said they have grit for the game and what sets them apart from others is their mental preparation.

"They have (grit) for when everybody doesn't see, the way they practice, prepare, study that grit carries over and the game is the byproduct of all that," Quinn said.

He has coached for other colleges and professional football teams before he landed in Seattle.

After moving on from coaching at the College of William and Mary a year after he graduated from SU, Quinn coached for the Virginia Military Institute, Hofstra University, the San Francisco 49ers, the Miami Dolphins, the New York Jets and the University of Florida.

He made the transition from college to the pros in 2001 when he went from Hofstra University to the San Francisco 49ers. Quinn said two of his former players from Hofstra, Lance

See SUPER BOWL on Pg 2



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Business competition offers up to \$50K in prizes

BY JUSTIN MCCLURE
Staff Writer

The annual entrepreneurship competition sponsored by Salisbury University's Perdue School of Business will be held on April 11, giving students the opportunity to win up to \$50,000 in prizes.

Students of all majors are welcomed and any undergraduate or graduate student can compete.

Participants are required to create a poster, a short pitch and a business plan that will be presented to various judges with experience in the business world. The event has three rounds through which the best business plans advance to the final round, The Bernstein Competition. But first, participants must make it through a process of poster pitchings and answering questions.

Hosted by the Maryland Small Business & Technology Development Center, the "Invest in My Idea, A Poster Competition" is the first tier of the competition in which participants

"It takes a lot of people on campus to make this event successful and I couldn't do it without their help ... I just want everything to go well for the students that have put forth so much effort, it's the least I can do."

- Competition Coordinator, Michele Nelson

present their ideas on a tri-fold poster. Judges from both the community and SU will determine if the student's plan is worthy of investment. The top scoring posters will move onto the second round.

The Gull Cage "A Shark Tank Competition" gives students one minute to pitch their idea to a panel of judges followed by a four minute question and answer period. The top four students advance to the final round. Cash prizes are awarded with first place receiving \$4,000, second place \$3,000, third place \$2,000 and fourth place \$1,000.

The last portion of the competition is the Bernstein Business Plan, where the top four competitors are able to present their ideas in the Perdue auditorium. There is a 10 minute time allotment for participants to share their business plans, followed by a 10 minute question and answer period and ending with a 10 minute coaching and feedback session from the judges. The winner of the final round receives

\$10,000.

All aspects of the competition including the poster and 10-page business plan, have to be submitted online by March 24.

"Any idea a student thinks of is worth-while to present," said William Burke, Competition Director and SU professor. "I think the competition is held in an extremely motivating, encouraging and rewarding environment."

There are many informational sessions, organizational assistance and input from faculty and staff that aids students in the right direction as they work on their presentations. However, if students are unsuccessful in their first attempts, they're encouraged to participate each year to edit and perfect their plan.

Competition Coordinator Michele Nelson has been a part of the competition for 10 years and promotes the event by maintaining the website and application process as well as creating informational flyers and advertising through email, social media and campus outlets. She said the most rewarding part is seeing the efforts of students come to fruition.

"It takes a lot of people on campus to make this event successful and I couldn't do it without their help," Nelson said. "I just want everything to go well for the students that have put forth so much effort, it's the least I can do."

There have been many harrowing stories of perseverance in the competition, and dreams that have blossomed into reality. Salisbury alumnus Tim McFadden embodies the latter. In 2005, McFadden won the Bernstein Competition with his business plan Blown Away Glass Inc. and was a cornerstone to SU's glassblowing program.

After his success in the competition, McFadden used his same business plan to receive a start-up loan from PNC Bank Financial Services and created his own company known as McFadden Art Glass Inc., but he attributes much of his success to the event.

"The Bernstein Competition was the push I needed to put my ideas on paper in developing my business concept," McFadden said. It is the perfect platform to present a business idea to a panel of professionals and get priceless feedback – nowhere else is that possible."

When asked about the summation of his experience, McFadden simply said thank you.

"Thank you to Salisbury University and Richard Bernstein for creating this opportunity," he said. "It helps encourage young entrepreneurs and helped me realize my true potential."

For more information, participants are encouraged to visit the competition's website at www.salisbury.edu/perdue/entrepreneurshipcompetitions.

Correction to faculty senate plus/minus article

BY OLIVIA KLOCK
Staff Writer

As of now, SU's decision on the plus/minus grading system has been made: the faculty recommends that Salisbury University keep its existing undergraduate grading system.

Information regarding the Salisbury University Faculty Senate was presented in the graphic shown in the Feb. 11 issue. There is a significant difference between the votes of the faculty and those of the faculty senate.

The graphic showed that 85.1 percent of the faculty voted to recommend plus/minus grades in a "Faculty Senate Trial Vote." The Faculty Senate voted on this recommendation at its Dec. 3, 2013 meeting. The vote was 9 against, 8 in favor.

Faculty who did not agree with this result petitioned for a faculty meeting, which occurred on Feb. 7. If a quorum of the full-time faculty assembled, the issue could be discussed and a vote taken that might overturn the senate's decision. Not enough faculty members attended.

Without meeting a quorum, no formal decision could be made. However, the faculty who did attend decided to take a non-binding vote on the plus/minus

recommendation, which data was misleadingly shown in the "Faculty Senate Trial Vote" graphic.

President of the Faculty Senate Elizabeth Ragan explained that SU has 420 full-time faculty members, and all the straw poll reveals is that at least 29 percent of SU's faculty support plus/minus grades.

"It would be more correct to say that about a third of the faculty want plus/minus grades," Ragan said. "The difficulty, from a Faculty Senate perspective, is understanding how many faculty actually oppose the proposal, and how many don't have strong opinions one way or the other."

Even if a plus/minus grading system were adopted, Ragan estimates it would take about a year before students would begin to receive plus/minus grades, since it would be a major policy change.

Although as of now a decision has been made, this is an issue that could very well come up every few years, and the number of faculty who would like the option of pluses and minuses appears to be growing.

Ragan has heard from faculty who are considering renewing the motion in the senate sometime this year. No one has formally proposed such a renewal at this time, but there is a possibility that it could come before the senate again.



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2:00 p.m. Kick Off and Welcome
2:10 p.m. Panel Discussion (PH 156)
3:00 p.m. Networking (Perdue Atrium)

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SUPER BOWL

Continued from PAGE 1

Schulters and Dave Fire, were on the 49ers' roster and he was brought in by then-defensive coordinator and head coach Jim Mora and Steve Mariucci. Quinn was hired as the defensive quality control coach.

Throughout his career Quinn has worked with other notable coaches including Nick Saban, Eric Mangini, Jason Garret, Gus Bradley, Greg Knapp, Will Muschamp and Charlie Weis.

"Not only do you get to meet other players that had a huge impact on you, you get to coach them," Quinn said. "But all the other assistants and head coach(es) you have a chance to work with, that's who really shapes you and helps you in your philosophy."

In his 20 years of coaching, Quinn has been a defensive line coach, a defensive quality coordinator, an assistant head coach and a defensive coordinator.

"As an assistant you really lead the group that you're with and as a coordinator you get to lead a bigger group and the assistants on the defensive side," Quinn said.

Defensive passing game coordinator Rocky Seto joined the Seahawks in 2010, and has worked with Quinn in two seasons (2010, 2013) both with the Seahawks. Seto served as a graduate assistant and coach under Pete Carroll at USC from 2001-2009, who became Seattle's head coach in 2010.

"Dan is a tremendous leader, he's able to get the most out of what everyone does well," Seto said. "Whether it's a player or coach he's able to highlight our strengths and I felt like he did that in every way possible this year."

Last year Steve Bisciotti became the first SU alumnus to win the Super Bowl as an owner when the Baltimore Ravens won Super Bowl XLVII. Byron Westbrook, another Salisbury alumnus and now free agent played for the Washington Redskins from 2009-2011 and appeared in 46 games in that span. Westbrook's brother Brian played in the NFL from 2002-2010 and earned two Pro Bowl selections in 2004 and 2007.

Quinn was a candidate in the Cleveland Browns head coaching search a few weeks ago after their 4-12 season, however they decided not to wait for Seattle to finish their postseason run to interview Quinn a second time and hired Buffalo Bills defensive coordinator Mike Pettine.

"That (head coach) challenge is out there, and something I'd like to do someday when the time is right," Quinn said. "I'm certainly in no hurry to get to that spot just because I'm having a blast doing what I am, but that is something that if the right opportunity comes up with the right organization I'd love to be a part of that."

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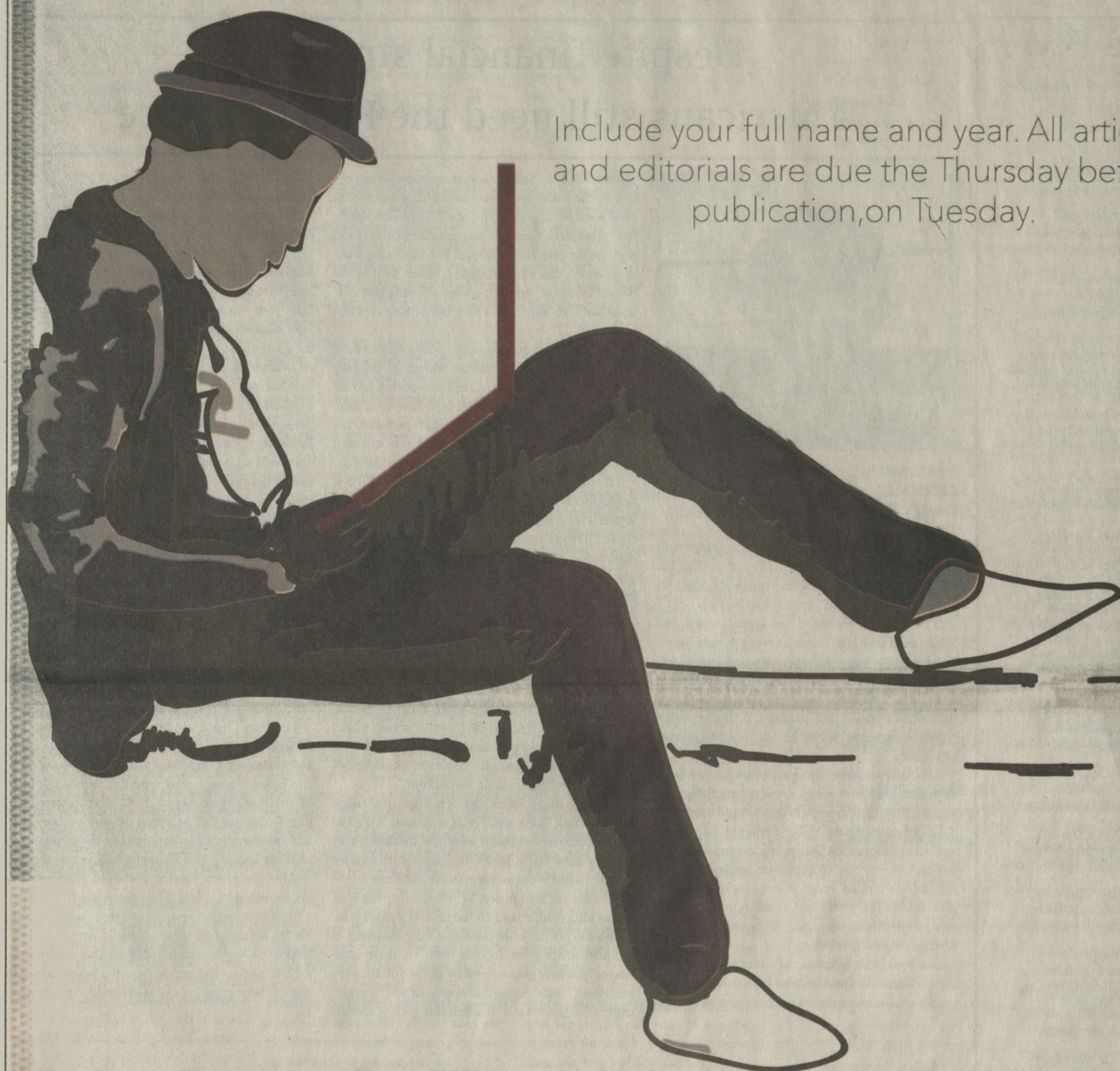


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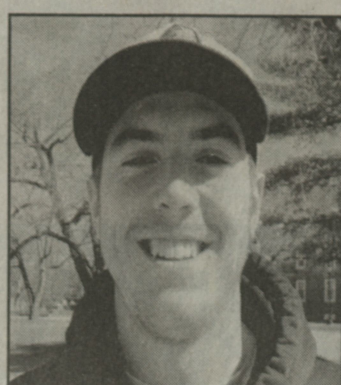
Overheard: With the Oscars coming up on Sunday, what is the best movie you saw in 2013?



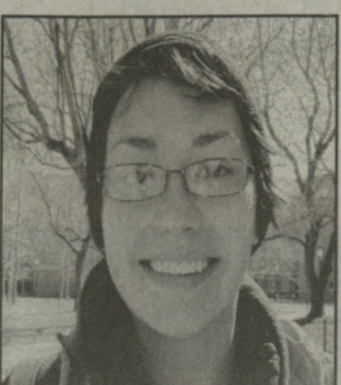
"Man of Steel. It had problems, but it was good."
-Alex Wehrenberg, junior



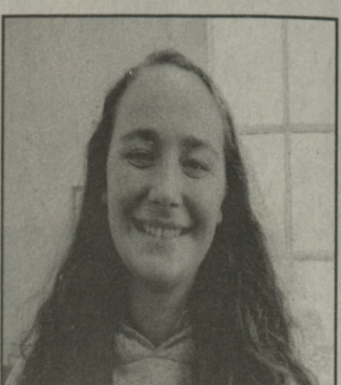
"Monsters University."
-Emma Fare, freshman



"This Is The End."
-Ryan Miller, sophomore



"American Hustle."
-Emily Madeira, senior



"The Hunger Games: Catching Fire."
-Madison Ross, junior

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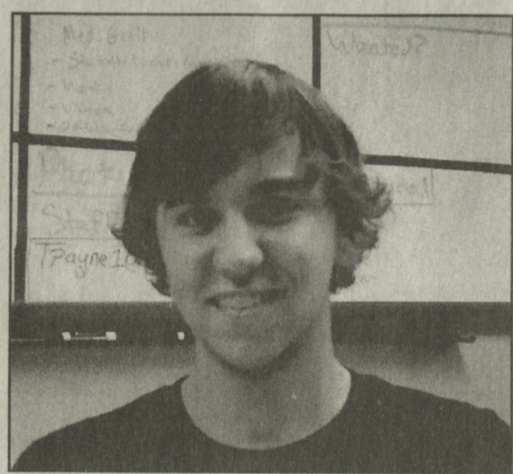
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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

Despite financial struggles, Americans still need the Postal Service



BY STEVEN CENNANE
Editorial Editor

The most famous postal worker in American popular culture is Newman from the classic sitcom "Seinfeld," who so eloquently explained the trials of working for the United States Postal Service.

"The mail never stops. It just keeps coming, and coming and coming! There's never a let-up, it's relentless! Every day it piles up more, and more and more and you got to get it out, but the more you get it out the more it keeps coming in! And then the barcode reader breaks and package is clearing out!" Newman exclaimed frantically before being calmed by Kramer.

Although Newman was passionate while talking about his job, his work ethic was questionable, evident by his refusal to work in the rain and using post-its, for example, the episode where he drove the mail truck across state lines to make a profit on selling back plastic bottles. However, unlike Newman, the real-life United States Postal Workers are very dedicated to their jobs and are often underappreciated by the American public. We never fully realize how much we rely on them.

Last week, four members of Maryland's congressional delegation sent a letter to Patrick R. Donahue, the Postmaster General, concerning the newfound

slowness of mail delivery across the state. Recent delays in the mail have been noticeable, especially in rural areas like the Eastern Shore. It's of little doubt that these delays are due to the recent cutbacks in services the post office has had to make in the wake of years of financial difficulties. Issues such as the rise of email and private package shipping corporations like UPS and FedEx have been major contributors.

More calls for cutbacks in the postal service have been called by many American politicians, thinking that the public provision of mail delivery is a proven failure with increases in technology. However, there are a few vital services that the USPS provides that warrant its continued existence, which is not funded by taxpayer dollars but entirely on postage instead.

The first major reason why we need the USPS is very important to Maryland's Eastern Shore and the Western panhandle – rural Americans have no other choice. This relates to the universal service obligation, which mandates that the USPS provide its services everywhere equally. If postal delivery is privatized, delivery to rural areas will not be profitable, and excessive regulation of the private companies will be necessary to ensure that rural Americans get their mail. Rural Americans also have a greater reliance on the postal service than urbanites because, and it may be hard to imagine, many still do not have the luxury of high-speed internet service.

This is especially true in the fly-over states, where many counties have populations of 200 or less. USPS and FedEx are not going to deliver to these Americans, and the USPS is their only option.

Although many Americans deride the post office for delivering "junk mail," this is actually linked to another vital service that it provides: affordable outputs for advertising. From the largest corporations to the smallest mom and pop stores, each rely on the post office for advertising. While you may think of this as junk mail, it is often the only way small businesses can get the word out about their existence. If the post office goes, so may many of these businesses. You may get annoyed by all the Sub Runners and Asian Taste menus that appear in your campus mailbox, but you have to admit that getting them is

probably the primary reason you are aware of their presence in the community.

The safety of mail in mailboxes, while often taken for granted, is another vital service of the post office. Only the post office can legally put mail in your mailbox, and personal information is much more secure there than it would be on your front porch or inside your screen door. The safety of private information in the delivery process is a service only the post office can provide for you. If the monopoly on mailbox use is eliminated, then legally, all couriers have access to the information in your mailbox and it would be harder to prosecute if a bad egg steals your identity while delivering your mail or packages. Ironically, the advent of technology and the rise of email add even more importance to the post office due to security and privacy reasons because physical mail is far more secure than email and less vulnerable to cyber attacks.

Another reason we need the post office is more important to grandparents than it is to your average college student, but it is arguably the most important service – the availability of medication to housebound patients. The USPS's six-day schedule and next-day mailing service is very important to the elderly and those with illnesses that leave them housebound. This means that not only can they get their medication in a timely fashion, but they can also receive priority shipping at affordable rates.

The Post Office has been an important part of American history. Although often incorrectly credited to Benjamin Franklin, it was George Washington and James Madison who were the main supporters of the Post Office Act of 1792, which created the postal network that provided delivery of the news and telegrams at affordable rates in the newly independent country. The founding fathers saw the necessity of a postal service, and modernization has not rendered it useless. The post office was used as a model for similar systems in other countries, and has been a signature achievement of American public policy. Despite financial obstacles, we cannot turn a blind eye to the importance the institution has played shaping the lives of millions of Americans.

who want to represent our club in a positive way," said Rachel Obamwonyi, President of ASA.

Throughout the entire pageant, each student really showcased their personality and described how they would be able to represent ASA in a poised, energetic and inspiring manner through each section of the show.

After much deliberation between the other judges and I, it finally came time to crown Mr. and Mrs. ASA. These winners were the ones that really stood out to us throughout the entire show and really stayed true to the cultural aspect of what ASA stands for.

Ide Marcellinus Owodiong-Ide-meko and Lateefat Mojisola Yusuf were crowned Mr. and Mrs. ASA and looked like absolute African royalty upon their coronation. I would like to say congratulations to both of them! "I wasn't surprised at all, it was an interesting pick, but it just made sense why the judges found them the perfect fit," said former SU student Jessie Karangu, host of the ASA Pageant.

Overall, ASA had a very successful event and will continue to work towards spreading their African culture with SU's campus. If you're interested in becoming a member of ASA, they meet every Thursday in Henson 103 at 7 p.m.

My experience judging "The Quest to Royalty"

BY ALYSSA MOLINA
Staff Writer

Saturday night I had the honor of being one of the judges for The 2nd Annual Quest to Royalty Mr. and Mrs. ASA Pageant.

The African Student Association put on an amazing event that filled the Wiomico Room with pride, energy, African culture and Salisbury University spirit.

As soon as I walked into the room the ambience was set with authentic African music, low lighting and a strong cultural presence. The room was decorated so beautifully and elegantly with balloons, ribbons and gold rose petals dressing the red carpet runway.

The event began with a dance performed by a few ladies in ASA called "ca va chauffer," followed by the introduction of the eight contestants. These contestants were Oghenekeno Julius Eroraha, Ide Marcellinus Owodiong-Ide-meko, Gregory Bamidele Ohreime Algebe, Darren Matthew Issacs, Elizabeth Maame Yaa Konadu Appiah, Lateefat Mojisola Yusuf, Nora Akpene Adiah-Provençal and Chakyla Middleton. All of the contestants brought their confidence, love for their culture and talents to the stage to give their all.

"Mr. and Mrs. ASA pageant is mainly for members to show how much they appreciate ASA and what we do for Salisbury and the students

The African Student Association crowns SU royalty



Contributed by Alyssa Molina
The winners of the ASA Pageant, Ide Marcellinus Owodiong-Ide-meko and Lateefat Mojisola Yusuf, pose with judge Alyssa Molina.

THE FLYER

EDITORIAL

Travel tips for college students



BY KYLE SHAW
Staff Writer

There are stressful times when we just want to get away from our duties and responsibilities for a while. To take a breather, and the opportunity to come back refreshed and clear-headed.

Whether it is a weekend, spring/winter break or over summer, we may want to go out on an adventure before coming back to class. If you are mulling a quick trip or vacation, here are some things to consider.

Where to go?

The first thing to decide is your destination. This boils down to what is accessible to you. Money and time are factors that narrow down options. Your trip could be simply going home for a while to visit family and friends. It could be to surprise someone close to you in another campus or city.

Or you could just be yearning to discover someplace new. You might want to stay in Maryland or explore a neighboring state. Perhaps you are feeling bold and want to get as far away from home as humanly possible.

Once you have a place in mind that you think could be a realistic option, you can then focus on hammering out the details.

When to go?

As college students, our time is very limited. We are restricted to predetermined fragments of space which we can claim as our own. If you do not work on weekends or can request off, you may be able to squeeze in a quick two-day venture, depending on your schedule. Other than that, spring break is a golden opportunity on which to capitalize.

Most Salisbury kids and others on the Eastern Shore hop over to Ocean City because it's so close. Maybe you don't want to stick with the crowd and want to do something special. Virginia Beach or Myrtle Beach are both great alternatives.

If you include the weekend before, spring break is a little over a week and is not intruded upon by any major holidays that would obligate you to stay home. Winter break has a bit more time and that extra few weeks is convenient to working around plans with Christmas. Even Thanksgiving break can be a small window to work with, though it depends on your family.

Still, the easiest and most practical period to plan something in is summer. Even if you have a summer job or internship, you can work around your schedule to make something happen.

ternship, you can work around your schedule to make something happen. Where you are going, whether it be the pool or the ski slopes, determines when you go, mainly because of the weather.

Who to go with?

Once you have your time and place figured out, it's time to confirm who will be in your party. You could certainly go solo and have time to yourself to get away from the world and not be bothered, especially if you don't want to bring all your buddies with you to visit a special someone you'd want alone time with.

Perhaps your trip is a romantic getaway. It could be just a fun adventure to go on with a few friends. If you aren't going completely by yourself, figuring out everyone's schedules is the hardest part, which ties into the "when" question. Depending on your situation, you may want to have this taken care of before you even get that far.

How to get there?

Transportation can either make or break an otherwise perfect trip. If you do not have your own car, but your destination is too close to feasibly fly, then consider your options. Buses are highly underrated and often discounted from misconceptions. Depending on which company you do business with, you could cheaply go and not have to worry about road rage. Unfortunately, while trains are much more comfortable and spacious, they are exponentially more expensive.

When you know where you are going, research different bus routes and schedules around your expected trip date. You may be surprised that certain companies exist that specifically cater to some locations. DC to New York is a good example of this and can be cheaper than national lines such as Greyhound. I took a CoachUSA bus from Chicago to Madison, Wisconsin and was surprised at how comfortable the three-hour ride was, assuming I would be tightly packed in hard seats with other grumpy travelers. Even the ride to Manhattan via Bolt Bus was only \$25 from Union Station and I barely remember the four-hour trip.

If you decide to go bus, it is important to check if the bus has power outlets. You don't want to make the assumption that they will be there and something important runs out of batteries. Read reviews online from multiple sources and compare prices and times.

If you are flying, the same principle applies. My personal favorite is Southwest because of their low air fares and all bags fly free. Service has always been top-notch and I have never had an issue. Companies such as US Airlines, while not the best quality, offers special deals and inexpensive flights that are sometimes too hard to pass up if you are shopping at the last second.

If you fly, it is important to know how you're going to get there. If you are driving, check the prices of the parking garages that are usually nearby every airport.

port or within (depending if long or short term) per day, not per hour. If you park your car in a daily garage and keep it there for a few days, you pay the obnoxiously high maximum fee each day, which can be easily avoided if you stay in the long term area that is accessible via shuttles that typically run every 10 minutes. Remember to give yourself plenty of time, even if someone is driving you, before your flight. Traffic should be accounted for as well as check-in and security. Flights usually board a half hour or so before takeoff.

Drivers should also research the quickest routes and know where rest stops are along the way. Fill up on gas before leaving and have an idea how much it is wherever you are going. If you are going across states, have plenty of cash on you for tolls, which can vary from a few dollars or just under twenty if you are going on a major bridge or someplace like the New Jersey Turnpike.

How to pay?

Financially preparing is the most important stage. If you are staying in a hotel or campsite, research when to get the cheapest rates. Don't go on trips you can't afford. It is usually best to travel just after getting paid or when you know you don't have to cover any other expenses.

The sooner you know you are going the better, as it allows you to save and budget. Travel expenses themselves are crucial, but also give yourself enough room for anything else, such as any food or entertainment expenses you can accrue. An extra \$50 or \$100 never hurts just in case, because life happens, as we all know. Anything from a flat tire to an unexpected cancellation should be kept in mind. Expect the unexpected.

Your mode of transportation should be centered around your location and wallet. Just because you can fly somewhere doesn't mean you should if it is cheaper some other way. I've flown Virgin Airlines to Seattle once, and it was fantastic (but I was flown out by family). If there are no feasible bus options, which are usually cheaper than driving (especially if you don't have to park at the station), and you don't want to drive a long distance, AmTrack may be your best bet. Again, a little pricier but you never have to worry about sitting in traffic – plus the distance will be covered in less time.

Whatever route you decide to go, it is always best to secure a ticket ASAP, as prices rise closer to the scheduled date. Again, vacations are nice, but you should never choose to forgo buying textbooks next semester or not having enough to cover your share of the rent or utilities.

I hope this general guide sparks some ideas for you all this year. If possible, capitalize on your chance to do something memorable. We are only young once, and there is so much out there to see. Have a nice trip!

Salisbury needs to bike more



BY MICHAEL FLACK
Staff Writer

The campus community here at Salisbury University needs more widespread bicycle use.

A good amount of students have already embraced bikes, but a lot still do not. A lot of students continue to drive to school, when they could just as easily bike, which is a much more efficient way to travel, especially for college students who for the most part never have to travel further than a couple miles. This campus and surrounding community needs to make more initiatives to become more biker-friendly.

There already are plenty of benefits to creating more bike-friendly initiatives. For instance, parking lots can be quite expensive to maintain. More biking means less spent on parking. If more people bike there will be less carbon dioxide emissions from cars, which is obviously better for the environment.

"There are things you can see on a bike you can't in a car. I really think it will give the students a sense of place."

- Environmental Studies student, Victor Morales

Biker-friendly initiatives in communities have been linked to a decrease in local crime, increase in social community interaction and a decrease in car accidents according to a study by the Twin Cities Bicycle Association.

There are some negatives that would need to be corrected. Bicycle theft is a major problem in Salisbury, both on campus and off. It can be hard

to get people to want to bike if they think their bike will be stolen whenever they leave it locked. A lot of thefts could be prevented with better bike locks and less carelessness with bikes. Another problem is that it can be hard to get students involved in new initiatives unless they feel like there is something in it for them. Getting funding and approval on possible initiatives could prove to be difficult at school and especially at the city level.

There are plenty of initiatives that can be made to make Salisbury more biker-friendly. Making bike lanes smoother and more plentiful would help, especially if there was a safe and well-maintained bike trail leading to downtown Salisbury. More secure bike racks that are more useable and covered to prevent thefts will make people less uneasy about leaving their property unattended. Also, devoting more law enforcement time to bike thefts, and perhaps even treating bicycle thefts on the same level as car thefts will improve peoples' perception of biking. Local businesses could give out discounts for customers who bike to them, which places like EVO, Bagel Bakery, and Rise-Up Coffee have already done.

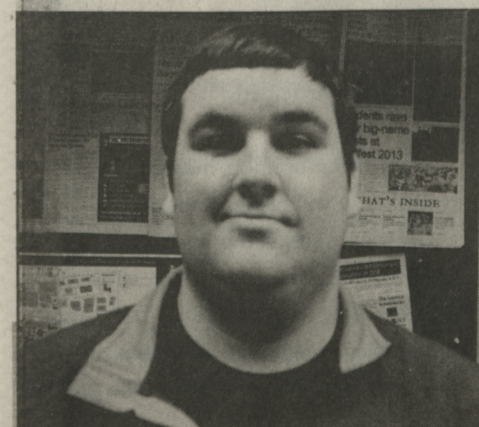
Salisbury sent Salisbury University environmental studies professor William Nelson, students Erin Lee and Victor Morales and Josh Hale of Bike-SBY, a local group, to Bike Friendly University conference at Hood College in Frederick. The trip was successful and they learned a lot.

"I think one of the most rewarding parts will be connecting the students with the community," Victor Morales said. "There are things you can see on a bike you can't in a car. I really think it will give the students a sense of place."

Strives are already being made here at Salisbury. "I've been here four years, and there is a lot more bicyclists now than there was four years ago," Nelson said.

Though progress is being made there is still plenty that is needed to be done to integrate more bike use in Salisbury.

Primetime Perspective



BY MITCHELL NORTHAM
Staff Writer

The NBA trade deadline on Thursday was uneventful for the most part. Some average-level names were traded; names like Danny Granger, Steve Blake, Evan Turner and "The Professor" Andre Miller just to name a few.

What the trade deadline did do though, was open up roster spots for players currently hanging out in the limbo that is the NBA free agent market.

Contenders like the Miami Heat and Los Angeles Clippers made moves to free up money and roster spots; trimming back their dollars owed amount and their roster down from the max size.

Another team that was well over the luxury tax that made a similar move was the Brooklyn Nets.

In a weak Eastern Conference, the Nets, despite old age and injuries, have battled back to place themselves in contention for a playoff spot. But, they're a little short-handed in the center ball like everyone else.

NBA player Jason Collins' signing is a non-story

to intimidate opponents. Oh, and Jason Collins is also gay. He came out over the summer as the first professional active and openly gay NBA player.

Sunday, the Nets made it official, signing the openly-out big man to a 10-day contract. The contract, jersey and playing time makes him the first openly gay player to play in the history of the NBA.

Sunday before the game, Collins didn't have time to talk about it; he just wanted to play basketball like everyone else.

"Right now, I'm focused on trying to learn the plays, the game plan assignment," Collins said. "I don't have time to really think about history right now."

Nets GM Billy King wasn't concerned with history either.

"The decision to sign Jason was a basketball decision," King said. "We needed to increase our depth inside, and with his experience and size, we felt he was the right choice for a 10-day contract."

Like any other NBA free agent during this period in the season, the Nets can sign Collins to two consecutive 10-day deals before they will be forced to decide whether or not to keep

Collins for the remainder of the season or release him back into free agency.

The news of Collins' signing comes just a few weeks after 24-year-old NFL draft prospect, Michael Sam, came out as openly gay. But, with Collins' story, people seem to care much less than they did about Sam's a few weeks ago. What does it all mean?

Maybe it's not a big deal because Collins hasn't been signed to a long term deal yet, or maybe it's because he isn't very good at basketball anymore as a 35-year-old seven footer.

Those things could be true, but what it shows the most is progress.

Because of more pro athletes coming out this sort of thing is allowed to happen more quietly. It's good thing for the NBA, professional sports, the Gay Community and our society as a whole.

Playing in his first NBA game in almost a year on Sunday night, Collins played 10 minutes, finished with two rebounds, a steal, used five fouls and finished with a plus-minus rating of plus-eight. The Nets beat the Lakers 108-102.

What does that stat line say about Collins? He was just another guy off the bench.

From Carlos to Kaley



Ashley Chafin photo
Kaley Vides with Stephanie Watson, an executive board member of the LGBTQ Alliance.

Transgender student tells her story

BY ASHLEY CHAFIN
Staff Writer

It's hard to imagine living your whole life having to put up a fake front, but that thought was Salisbury University freshman Kaley Katherine Vides' reality for all 19 years of her life.

"I would always tell my mom I was feeling like an alien," she said.

But she never found the perfectly fitting term – transgender – until she was browsing YouTube where she found a lesbian, gay, bisexual and transgender-oriented educational video at the age of 17.

"My mind and body were never connected until I found that video, but that was the defining moment for me," she said.

Until recently, Kaley lived as Carlos. Kaley is transgendered female, or "just female," as she likes to call it. Though she was born biologically male, she said she always felt out of place until she clicked the link that exposed her to the LGBT community.

After learning more about being transgendered and further discovering that all of the criteria fit her, Kaley began to change her physical appearance. She felt she was no longer obligated to identify and present herself as a straight male. Painting her nails, applying makeup and shopping for dresses and cute tops all became newfound pastimes for her.

The process of transitioning from one gender to another requires a lot of time, effort and medical appointments. Although Kaley has already begun her transition from male to female physically, she cannot yet physiologically begin her switch from being transgendered to transsexual, a term defining someone who undergoes a sexual reassignment surgery.

Before she begins hormone replacement therapy, Kaley must first be diagnosed with Gender Identity Disorder by a psychiatrist.

She will also have to make some sacrifices.

Because Kaley has muscular dystrophy, a genetic disorder that breaks down muscle tissue and requires her to use a wheelchair, she will have to stop taking one of the medications that helps prevent muscle deterioration.

Kaley said there are other alternatives to that medicine, but until she meets with her doctor to discuss how HRT will react to her other prescrip-

tions, she will not know how soon she can begin estrogen dosages.

The GLAAD website says that it takes 10 years on average to complete the transition, but that "it is really a lifelong process."

Kaley said she is more than eager to

"They say, 'Oh, you're pretending to be a girl now?' and I think, 'Nope. Joke's on you! I've been pretending to be a boy all along.'"

- Kaley Katherine Vides

continue on her journey, and she has already contacted local and Baltimore-based therapists to begin treatment.

Kaley said she has not been negatively affected by her transition thus far, saying most people at the university are very accepting and some are even happy for her, as she explains that she's "more comfortable and confident" as a result of coming out. She even mentioned how relieved she was that her professors are willing to call her by her name and use her preferred pronouns.

One of her best experiences, she noted, was disclosing her long-held secret to her best friend, SU graduate student Maggie Baldwin.

"Her reaction," Kaley said, "was a short pause, and then she said, 'Okay...so?' And then she taught me how to put on makeup."

Until last week, Kaley had not been openly transgendered to her family. She created a new Instagram account using the same information as she did for her old Twitter account she conducted as Carlos.

Upon posting a collage that displayed a new dress, the pictures were simultaneously uploaded to her old Twitter profile, which was followed by a few family members, including her mother.

"My mom called me, and though she didn't give me a chance to explain myself, she made it clear that she still loves me," she said, which was the reason she hesitated to tell her parents. She described her family as "over-religious" and conservative, in addition to being Hispanic and native Spanish speakers.

Kaley uploaded a video to YouTube on Friday after she got the chance to

speak with her mother. The video is entirely in Spanish, but in the Spanish language, there is no word for "transgender," so she said she would have a hard time explaining her transition.

Being transgendered in Latin American cultures is seen as a mental disorder – something that is morally wrong and can be treated with cognitive behavioral therapy. Because she does not view any part of the LGBT community in that light, Kaley said she wanted to take her time explaining it to all of her family at once and took to the internet, finding it the best possible medium.

Kaley said coming out and being able to openly express herself has resulted in a change of heart for her. Prior to this semester, her future plans were to major in secondary education and teach high school-level history classes.

After discussing teachers' rights and obligations in the last unit of her introduction to education class, she realized that she could be fired or have her application overlooked for being transgendered.

Maryland has anti-discrimination laws that prevent individuals from having their jobs both affected and, in the worst cases, terminated due to sexual orientation. However, Kaley said there are cases "all too coincidental and real" where transgendered applicants for teaching jobs have been passed over, with employers citing that there were better applicants or that they were not fit for the job despite their qualifications.

She said this realization led her to re-evaluate her choice of careers. She declared social work as her official course of study from this semester forward. She now intends to minor in gender studies, join the new gender studies living learning community next year, and work toward building a future that involves counseling LGBT youth.

Even though she chose to change her career path, she is very happy with her decisions and the very beginning of a long, yet worthwhile transition. Though her name is still legally Carlos, being Kaley is Kaley being herself.

"They say, 'Oh, you're pretending to be a girl now?' and I think, 'Nope. Joke's on you! I've been pretending to be a boy all along.'"

An Interview with WXSU

Interview with "Bury Brawl" producers

BY AARON HUTT
Staff Writer

Based on the popular game show "Family Feud," SU-TV's "Bury Brawl" will feature various Salisbury University student organizations competing against one another.

Last Monday, I invited two of the "Bury Brawl" producers, Miranda Haney and Carsen Kralstein, on my radio show along with SU-TV President Steven Graves.

Me: What are your positions in regards to the show?

Haney: Carsen (Kralstein) and Najca are producers.

Graves: Paul is graphic director. I'm president of SU-TV. Miranda (Haney) is entertainment Director.

Me: Who came up with the idea for "Bury Brawl"?

Graves: Miranda, in conjunction with Eli (Modlin). We've always wanted to do a game show.

Me: What inspired you to do this show?

Haney: I'm entertainment director and I have to [laughs]. Seriously, I really think it'd be a lot of fun.

Me: Do you expect campus to be really involved with this program?

Kralstein: I hope they really get involved in the program and come out the show and watch the show.

Me: Anything else, Miranda?

Haney: We want all clubs that exist to come and play with us. So yes. We're also looking for a live audience.

Me: Will the host wear Steve Harvey signature clothing? Like a lot of but-

Haney: No, because I'm a woman. I'd rather wear fancy clothes.

Graves: Miranda (Haney) is like Superwoman.

Me: How will the show be set up? What'll be the setting?

Kralstein: Two tables with a smaller one in between and a TV behind. It'll be a simple, fun set.

Me: Who's interested in playing Bury Brawl so far?

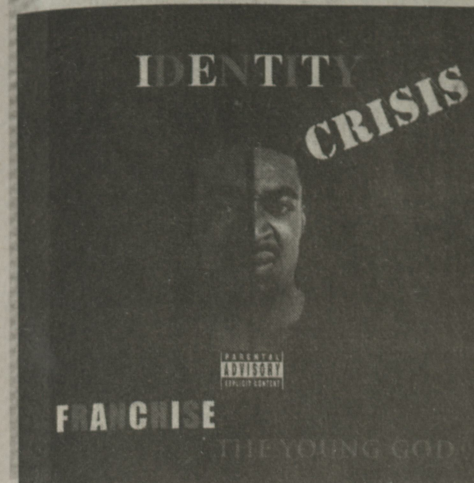
Kralstein: Frats, Sororities, sports teams. Any organization that really wants to participate.

Me: In your opinion, how do you think this show will bring change to SU-TV?

Graves: I think it'll bring a lot of viewers because people on the show will want to see each and clubs, fraternities and friends will come together. It'll be great fun and who doesn't like seeing themselves on TV.

The first episode is set to premiere Feb. 27, and the videos will be posted to the SU-TV YouTube page. The first guest will be fraternities Sigma Epsilon and Sigma Pi. To follow the show, go to their Twitter page @SUTV_Entertain.

Student rap artist on performing: 'It's a rush'



Submitted photo
Cover for Franchise's "Identity Crisis"

BY AMANDA BIEDERMAN
Gull Life Editor

From the lunchroom to nightclubs to the Holloway Hall Auditorium, recording artist Marquise "Franchise (The Young God)" Lightfoot is no stranger to the stage.

The Salisbury University freshman and D.C. native said he first began rapping in the fifth grade. Two years later, he began recording his music. By 10th grade, the then-17-year-old Lightfoot had hooked his first public gig at Axum's Lounge, 21-and-over club in D.C.

"It was kind of intimidating...Most of the people there were about 30 and at first, they were like, 'Who is this guy?' But then I just started performing and they accepted me," Lightfoot said.

To date, Lightfoot has performed in nightclubs in D.C., Maryland, Virginia and New York. He is scheduled to perform in Miami, Fla. this summer. He recently was filmed on the SU-TV set, and on March 2 he will be competing in the Fashion for Fashion student talent show.

Lightfoot said his musical style is difficult to define. In addition to creating his own music and lyrics, Lightfoot writes pop and R&B songs for other artists. He released his first mixtape, "Identity Crisis" last summer.

The young artist admitted to having a bit of an identity crisis himself, noting that he has changed his stage name several times throughout the years.

"I've been trying to find myself as an artist, my identity as a rapper," Lightfoot said.

In the end, it was Lightfoot's uncle comments that convinced him to choose the name "Franchise."

"The franchise player is the star player, and the team is built around him," Lightfoot said. "(My uncle) was saying they would build a rap label around me...But a franchise is also a series of the same thing, or many different versions of the same thing."

Lightfoot said the second part of his name, "The Young God," was inspired by other artists such as Jay-Z (HOVA) and Kanye West (Yezy), who have nicknames that play off religious names.

"I used to say, 'I'm gonna be the king of rap,'" Lightfoot said. "But then someone said to me, 'Why be a king when you can be a god?'"

Lightfoot recently started a management deal with TRDC Music. He has recorded six music videos and manages a SoundCloud profile, where he said he constantly uploads and switches out new recordings as his music evolves.

But in the end, Lightfoot said he performs because of the satisfaction he receives from it.

"Science has shown there's a neurotransmitter released in some musicians' brains when they perform. It's kind of like a 'musical high,' Lightfoot said. "I just love that feeling that I get with any good music. It's not even just the message; sometimes, it's just entertaining people...on a major level. It's a rush."

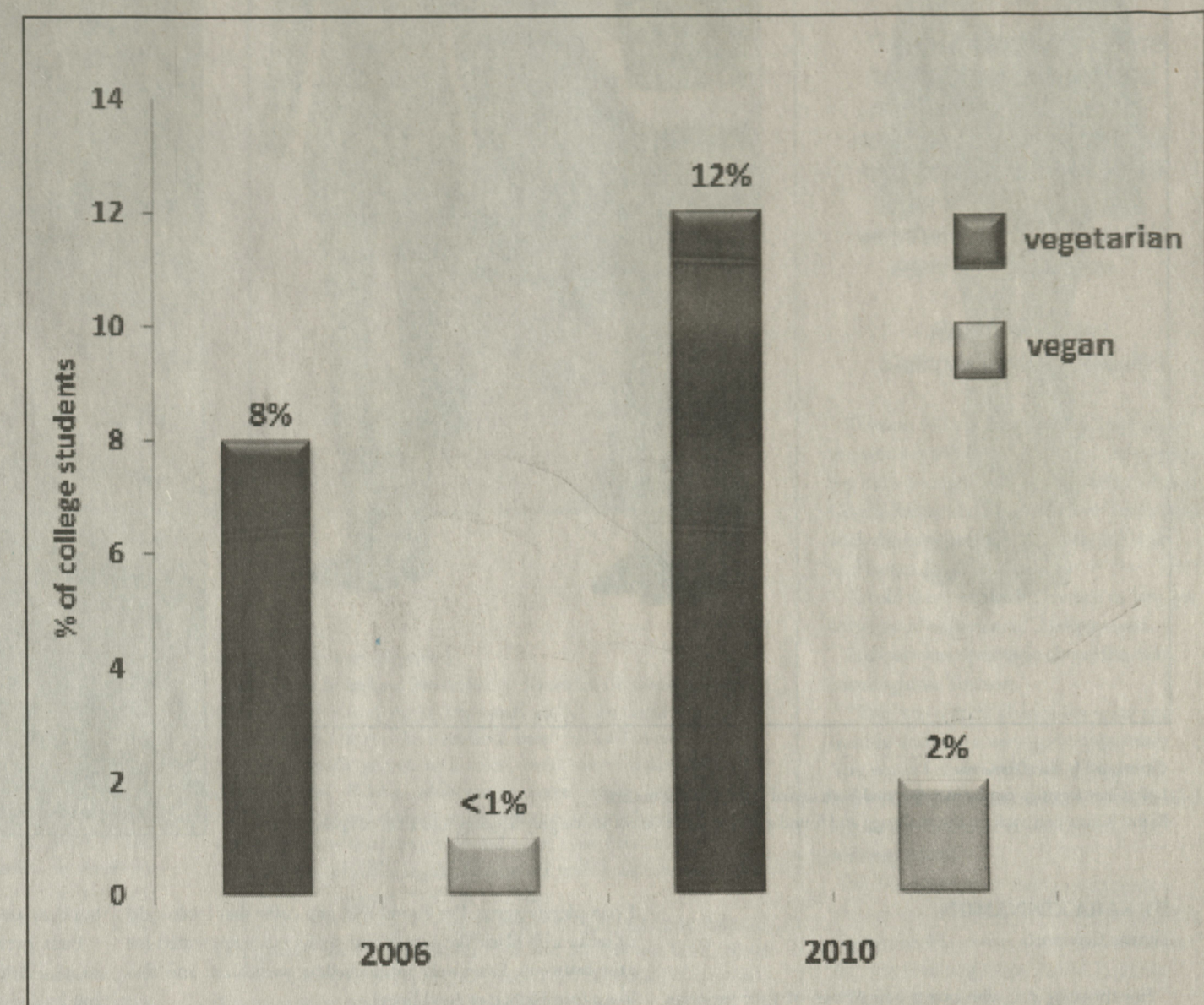
Lightfoot also performs competitively in rap battles, but said that he doesn't perform just to win.

"I don't even care about winning," he said. "That's not why I'm here. It's all about just performing."

See Franchise (The Young God) perform alongside other contestants in the Fashion for Fashion Talent Show March 2 at 7 p.m. in Holloway Hall Auditorium. For more information, visit <http://p4fmmodeling.wix.com/p4fm>.

Commons recognized for vegan-friendly choices at Plato's Plate

Students, staff reflect on changing trends in healthy eating



Amanda Biederman graphic
In 2010, 12 percent of college students labeled themselves as vegetarian, and 2 percent labeled themselves as vegan. The same poll had reported 8 percent and less than 1 percent, respectively, to the same questions in 2006 (Bon Appétit Management Company).

BY JESSICA GOODELL
Staff Writer

SU has recently been entered in a competition to become the nation's "Favorite Vegan-Friendly College" in the "small school" category.

University Dietician Kate Cerulli received an email questionnaire last August from peta2, a youth program at PETA, about the vegan choices that are available at SU dining.

She said it was very long and very specific. After filling out the survey, SU was given a grade "A" on a "Vegan Report Card" along with 15 other schools nationwide in the "small school" category and was entered into this competition.

The peta2 website competition page says they are "pitting the schools that are the (vegan) cream of the crop against one another."

SU won the first round and has continued to the second round against Framingham State, which ends Wednesday, February 26 at 5 p.m.

"It's a bracket-site competition based on voting," said Sommer Dunley, Dining Services marketing specialist.

If SU comes in first, it will then proceed to the third round against another school, one step closer to becoming the nation's favorite vegan-friendly college.

SU sophomore Karen Johnson, who has been a vegan for almost five years, said the Plato's Plate station at The Commons ensures there will always be vegan-friendly choices.

"It's always there so it's not a hit or miss," Johnson said. "And it's separate (from the other food), so it's easy to find."

On a typical day, The Commons has over 20 standard vegan options on the menu. In this context, vegan is defined as containing no meat, poultry, fish, eggs, milk, cheeses, honey or gelatin.

"In a perfect world there would be unlimited options," said SU junior Nicholas Cartron, who has been a vegan for two years. "But I am always able to eat something...I really like those vegan meatballs."

Associate Director of Commons Catering and Satellite Operations Anthony Cerulli said vegan options have always been available at SU, and that they used to be integrated into the other kiosks and when they were separated they were put in the Bistro.

"I've eaten at UMD before, it's a bigger school so it has a bigger budget and more op-

tions but they (vegan options) are not as easy to find," Johnson said. "I don't want to have to get in the taco line to get the vegan food."

Anthony Cerulli said the idea behind Plato's Plate was to create a place where people who wanted to eat vegan or vegetarian could go and know they would be able to find something to eat.

All the food found at Plato's Plate is cooked in a separate steamer to ensure that no other foods accidentally get mixed in. The vegetables are cooked without any fat or seasoning.

"We don't add anything to those vegetables," Anthony Cerulli said. "Students know

"Having more vegan-friendly options in Commons may encourage students to eat more fruits, vegetables and grains... That's not a bad idea, especially considering the large number of athletes and future health professionals that our university caters to."

-SU junior Nicholas Cartron

that what they get there are just vegetables with nothing added and they can put whatever they want on them."

Cartron said he hopes these changes will encourage more SU students to make healthy choices.

"Having more vegan-friendly options in Commons may encourage students to eat more fruits, vegetables and grains," Cartron said. "That's not a bad idea, especially considering the large number of athletes and future health professionals that our university caters to."

The vegan options are not solely limited to Plato's Plate; they are integrated throughout the other kiosks.

"Everyone eats vegan at some point whether they realize it or not," Cartron said. "There's a negative connotation that goes

with being a vegan and what I always tell people is 'There are some people that don't like broccoli, and I'm just not one of those people.' Some people just don't like meat."

More college students are choosing to eat vegetarian and vegan-friendly foods, according to a poll by the Bon Appétit Management Company. In 2010, 12 percent of college students labeled themselves as vegetarian, and 2 percent labeled themselves as vegan. The same poll had reported 8 percent and less than 1 percent, respectively, to the same questions in 2006.

Anthony Cerulli has been in college food service for 39 years and said that students are smarter and better educated about food choices now than they have ever been before.

He said over 4,000 meal plans are purchased every semester and only 1,700 of them are mandatory, meaning that over half of the students with a meal plan purchase it voluntarily.

Cerulli said that the goal of dining services is to make sure there is something for everyone. Almost 100 percent of the food at the Commons is made from scratch, Cerulli said.

Cerulli added that SU is known for its healthy choices, but also for the amount of options students have to eat food that they enjoy.

"We want to give students the option to eat healthy if they choose to," he said. "But we also want them to have other options. Our pizza is known as one of the best pizzas. We make it from scratch and load it with extra cheese because we know that's how the students like it; again, we want to make sure there is something for everyone."

SU Dining belongs to the National Association of College and University Food Services and every year a survey is given to students, faculty and staff to give feedback on their satisfaction with dining services. The highest percentage of people who took the survey were juniors and seniors. Out of 114 schools, SU had 12 percent higher satisfaction in the mid-Atlantic region than the overall satisfaction of the other schools.

"The results are evidence of what we are doing here," Cerulli said.

SU Dining is taking steps to become more health-conscious, including building their own rooftop herb garden, but Cerulli said their main concern is still to give the students what they want to eat.

CAMPUS CHIC

Grey Leggings



Contributed by Kara Kinnamon

Left: Grey leggings can be incorporated both casual and night out outfits. Right: Kinnamon took on the challenge and found a simple way to incorporate grey leggings into a fall or spring look.

BY KARA KINNAMON
Fashion Columnist

For those of you who own a pair or two of grey leggings, you may understand the struggle.

I bought some about two years ago as an alternative to my everyday black leggings outfit. When I went to wear them I found myself always tossing them aside because they just didn't work with much.

To help others, and myself, I thought I would research some grey leggings suggestions and consult an expert. My fabulous friend and fashion co-insure Kendall Adams works at Charming Charlie and understood my fashion emergency.

According to Kendall, grey leggings are great with sweater dresses and tunics in the winter. I agree, layering with grey adds depth. He also suggests transitioning into spring with a print like floral. But be careful that there isn't too much grey in the floral background.

For solids, Kendall likes coral and mint with grey leggings.

I completely agree. I've found that any color that looks odd or tacky with black like pastels and neons are better suited for grey bottoms. Ever wear bright yellow with black and feel like a bumblebee or road lines?

First, grey leggings aren't as slimming or neutral as black, so it's recommended to wear a top that is a bit longer ... Don't wear them if you know it will rain or you might sweat. Grey, especially lighter shades, show water stains like crazy.

A very important rule Kendall pointed out was NO grey on grey; it isn't like black on black. It just doesn't work that way.

Some general rules I've come to find may seem obvious,

but they are very important.

First, grey leggings aren't as slimming or neutral as black, so it's recommended to wear a top that is a bit longer. This can be disregarded when wearing a tailored pair that is more like pants than leggings.

Don't wear them if you know it will rain or you might sweat. Grey, especially lighter shades, show water stains like crazy. Lots of celebs wear them to the gym, but of course they don't sweat like the rest of us!

Always be aware of the difference between leggings and tights. This of course goes for all leggings. You want to make sure they are thick enough that not even a hue of skin shows through. Bending over in natural light can help you with this one.

Of course, there are no rules per say in fashion, just suggestions and guidelines. When creating your own look with grey leggings, just make sure you are comfortable and confident in your outfit.



SPORTS

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Women's Basketball beats Marymount in final home game, earns No.3 seed



Brittany Burns photo
Junior forward Aleisha Hobbs looks for a teammate get past Marymount.

BY KOLBY MALY
Staff Writer

The Salisbury University women's basketball team kept up its winning streak on Wednesday in its last regular season home game against Marymount University.

The Gulls improved their record to 16-8 and 11-4 in the Capital Athletic Conference with their fourth straight victory, moving them into third place in the conference.

"We have really progressed as a team from when we played them from before. I think we were really prepared for this game and we just stuck to the game plan."

- Head Coach
Kelly Lewandowski

It was a team effort for the Gulls as four players scored in double figures and their pressure defense had Marymount uncomfortable the whole game.

"The last week in practice we had been focusing on our 2-3 zone defense," said junior guard Sarah Seipp. "Today it finally all came together."

Seipp led the Salisbury attack, scoring 17 points, adding six rebounds and five steals along the way.

In the first meeting between these

two top teams in the CAC, Marymount triumphed in an overtime victory. But this time it was a different story. Salisbury never trailed during the game.

"We have really progressed as a team from when we played them from before," said Head Coach Kelly Lewandowski. "I think we were really prepared for this game and we just stuck to the game plan."

The game plan was evident early on as the Gulls forced the Saints into turnovers and easy points on the other end. The Saints shot just seven of 27 from the field in the first half and committed 9 turnovers.

Salisbury ran out to a 17-4 lead in the first nine minutes of the game, sophomore forward Kathy Albornoz who finished with a career high of 11 points, got the scoring started for the Gulls by converting a lay up. Seipp would add seven of her points during the run to help build an early comfortable lead for the Gulls.

The Gulls then ended the half on a 13-2 run to build a 34-16 lead at the break. The run started with junior guard Anna Hackett who finished with 17 points and 8 assists, hitting a three pointer, fellow junior Courtney McManus also hit a big three during the run.

"They're a tough team, playing there is tough so playing at home definitely helps," Lewandowski said. "We watched a lot of film; we knew what they were going to do against zone and what they were going to do against man."

Salisbury picked up right where it left off starting in the second half as Seipp got a steal and converted

an easy lay up just seconds in.

The Saints would cut the deficit to 10 with 6:08 remaining in the game but that's as close as they could get it. The Gulls would convert foul shots down the stretch to keep the lead in tact.

"We've really grown as a team, we're more balanced, Becca (Himes) and Kathy (Albornoz) have really stepped up," Lewandowski said. "I think that's why our offense has been so successful because they have to guard more than two people."

Salisbury finished its regular season off with a victory over Frostburg State University 75-52 on Saturday.

The win was the team's fifth straight win and eighth in their last nine games ending the season 17-8 and 12-4 in the CAC. Anna Hackett lead the way scoring 22 points, and Seipp added a double-double scoring 16 points and grabbing 10 boards.

The win clinched the Gulls the No. 3 seed for the CAC tournament, they will play the No. 6 seed St. Mary's College of Md. on Tuesday at home.



Brittany Burns photo
Lauren Rothfield and the Gulls stop Marymount from putting more points on the board.

Women's tennis falls to Towson

BY MITCHELL NORTHAM
Staff Writer

After a 6-3 win over Bridgewater on Saturday, the Salisbury University women's tennis team lost 9-0 to Division I Towson University on Sunday in Salisbury.

"This was a great chance for us to get outside and play a very good opponent. You never know what kind of opportunity's you'll get to play with the weather acting up like this early in the season."

- Randy Halfpap,
Salisbury Head Coach

Towson (4-1) is the only D-1 opponent the women will face this season. After playing such a tough opponent, Salisbury Head Coach Randy Halfpap was more concerned with the experience rather than the wins and losses.

"I told them this was a chance to just get some good experience," Halfpap said.

Halfpap was optimistic about the outcome against Towson.

"This was a great chance for us to get outside and play a very good opponent. You never know what kind of opportunity's you'll get to play with the weather acting up like this early in the season," Halfpap added.

The Sea Gulls were unable to pick up a victory in either doubles or singles play, the closest double victory coming in the number one seed matchups. Junior Roxanne Alban and sophomore Natalie Savage broke serve in the first game, but would take an 8-2 defeat, giving Towson a 3-0 lead at the end of doubles play.

Bad luck continued for the Sea Gulls in singles play, but Alban and Savage both had competitive matches, nearly grabbing a pair of victories for Salisbury.

Alban dropped the opening set of her match, but would bounce back to take a 4-3 lead in the second set. Alban's luck would run out though as her opponent, Lorena Ferrer, would win the next three games, securing a match victory.

Savage's match would prove be much closer. She took the opening set by a score of 6-4, and led in the second set, up 3-0, before her opponent, Nani Lizana, came back to take the second set and force a tiebreaker. The Towson senior would go on to win the third-set super tie-breaker to cap off a 9-0 victory for the Tigers.

"You make yourself better by playing good teams," Halfpap said. "So, even though we didn't win it doesn't mean that we didn't make ourselves better today."

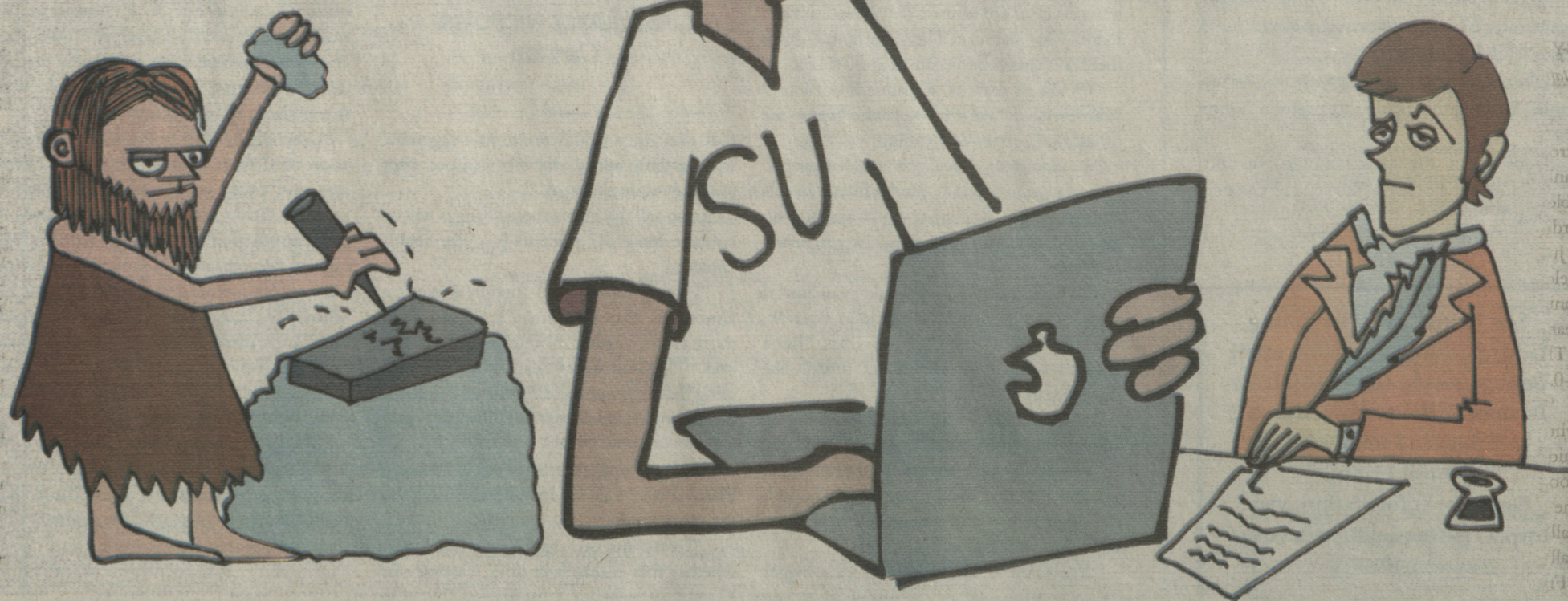
On her close loss, Savage said, "I just want to keep every match competitive."

The Gulls will return to the courts on Saturday against Franklin & Marshall College at noon.

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Baseball wins, loses in double header

BY DAVID CABRERA
Staff Writer

With some timely offensive prowess and strong pitching by junior Dan Fein, the No. 13 ranked Salisbury University baseball team was able to pull away from Cortland St. 12-5 on Saturday.

Junior outfielder Jordan Gowe and senior infielder Ken O'Neill each had two RBIs, while junior designated hitter Bobby Sanzone led the team with three hits.

The Sea Gulls have begun 2014 undefeated at 3-0.

"It's early and we're playing decently and when you do that good things tend to happen," said Head Coach Doug Fleetwood. "It's just good to go out there and play those games after the weather we have been having. Guys are finally seeing live pitching and they are seeing the ball well."

Freshman infielder Pete Grasso's perfect start

to the season was ended against Cortland (2-1). His 1.000 batting average dropped to .778. He had two hits, two walks and four runs scored on the day.

The Red Dragons scored the first run of the game in the first inning but the Sea Gulls would get two runners on in the bottom of the inning.

Gowe stepped up to the plate and as the pitcher winded up to throw, he knew what was coming.

"The pitch was in, so I just poked at," Gowe said. "Luckily, I just hit the ball in play."

He check-swung the ball to right field, driving in Grasso and junior outfielder Kyle Hayman to give the Gulls an early 2-1 advantage.

The team would tally two more runs in the third and fourth innings, but Cortland would not let up.

Solo home runs off Fein in the fifth and the sixth innings pulled the Red Dragons within one run.

The Gulls' offense, as it has done throughout

the first three games, was able to come through.

They were able to score four runs in the bottom of the sixth, beginning with senior infielder Johnny Schioris scoring on a wild pitch. Junior catcher Austin Barefoot hit a shot to centerfield that scored Sanzone.

With the bases loaded later on in the inning, Gowe was able to reach base on a throwing error driving in Hayman. The next batter, O'Neill, ended up being walked which scored Grasso.

At that point, the Red Dragons were on their fifth pitcher of the game.

With a 8-3 cushion to work with, Fein went to work. He struck out two batters in the seventh inning. He finished the day with six strikeouts.

For the season, Fein has a 4.20 ERA but has a team-high 13 strikeouts.

"It was a real battle all game long (with his pitching)," Fein said. "I picked it up as the game went along and we were playing great defense."

The team committed only one error in the

field, compared to the two made by the Red Dragons.

They would add four more runs in the bottom of the seventh, with Sanzone, Barefoot, Hayman and Grasso each scoring a run.

The Gulls finished the game with fourteen hits.

"We hit better than we did against Virginia Wesleyan (12 runs on 9 hits)," Gowe said. "We just have to keep it up and keep it very simple."

Even Fein is noticing how well his offense is playing early on in the season.

"We are swinging the bats really well," Fein said. "If we can keep it going, good things will continue to happen."

The Gulls fell to Cortland 4-1 in the second game of the double header on Sunday.

The team will look to get back on its winning streak in the next home series is against conference rival New Paltz St.

There will be a doubleheader March 1 starting at 1 p.m. at the SU Baseball Field.

Athlete Spotlight: Natalie Savage



SU Athletics photo

BY MITCHELL NORTHAM
Staff Writer

Sport: Tennis

Year: Sophomore

Hometown: Port Murray, N.J.

When did you start playing tennis?

"I started when I was about six or seven, but nothing competitive till I was about 10 or 11. My dad picked it up after college and he would take me out to the courts to hit and I just really liked it so I kept playing."

Why did you choose SU?

"I chose Salisbury because I like the program. I thought it was good and competitive, but I also like the academics as well. I also thought it was a good balance in size; that it was a big enough school so you don't know everybody but a small enough school where your professors know who you are. It was just the best fit for me."

What is your favorite memory of SU tennis?

"Being named the CAC Conference Rookie of the Year last season, that was really cool. I've worked my whole life to play tennis in college, so it was nice to be rewarded for it."

How do you feel about your performance in the 2014 season?

"I think I'm playing pretty well. The more matches we have then the more confident we will be as a team."

Do you have any personal goals this season?

"I just want to keep every match competitive, especially with our rivals like Christopher Newport and Mary Washington."

Who is your role model?

"I'd have to say Rafael Nadal (pro men's player). He's a lefty like I am and I have idolized him since I was kid."

Athlete's Health

Playing during
flu season

BY GLEN CAREY
Staff Writer

The flu vaccine reduces the chance of getting the flu by 75 percent, but for those athletes playing during the flu season, that percentage can mean a conference championship or coming home empty handed.

"The cough is disruptive," said Salisbury University nurse practitioner Sue Hagie. "The fatigue is unbearable and prevents them from doing just about anything."

The flu is caused by viruses, which are bits of genetic information surrounded by a protein shell. If a virus gets inside of the body's cells, its genetic instructions trick the cells into making many copies of the virus. The infected cells release the virus copies, which then infect new cells.

In the case of the flu, the viruses infect the lining of tubes that carry air to the lungs. Soon after, that lousy feeling comes around.

"It is worse than playing with an injury," junior guard Conor Strickland said. "It takes all of your energy and affects your ability to get ready for games like your sleep and focus."

The Student Health Services at SU advises persons with flu-like symptoms to stay away from classes and limit interactions with other people for at least 24 hours after no longer having a fever.

Main flu symptoms include muscle aches, fever, chills, headache, dry cough and weakness.

"We trust our young men," said SU men's basketball head coach Josh Merkel. "They know how important practice is, but we don't want to put our players in high-risk situations."

The best way to manage the flu is by drinking plenty of fluids in particular hot liquids, which may relieve the feeling of congestion.

"Hydration is the key," Hagie said. "Just treat the symptoms like normal because it all depends on the athlete."

While Strickland said he would miss practice for sickness, games may be another matter.

"I would definitely hold myself out of practice if I was sick, the team is more important," Strickland said. "But I would play if it were a conference or tournament game."



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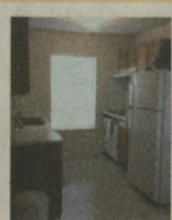
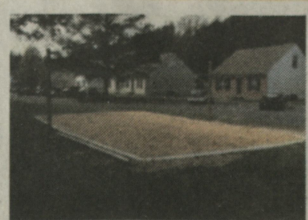
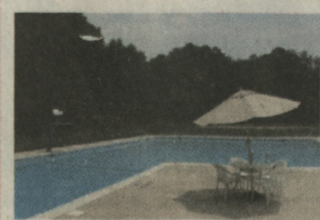
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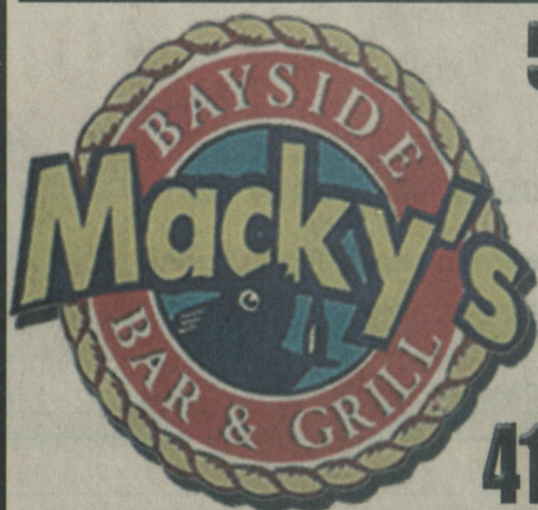
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